

**Amendments to the Claims**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claims 1- 17 (canceled)

Claim 18 (currently amended): A method for improving a golf swing using an elongated rod having an upper end and a lower end, said method comprising a user of the rod doing the following:

(a) placing said lower end of said rod on the ground in front of the user;

(b) gripping said rod with both hands, said hands being adjacent to one another such that right handed users grip said rod with their right hand above the left hand, and left handed users grip said rod with their left hand above the right hand;

(c) assuming the approximate position for addressing a golf ball, including standing up with the lower end of the rod positioned in an approximate area where said golf ball would be positioned relative to the user as if said user were going to hit said ball with a golf club; and

(d) rotating the user's upper body and moving the user's arms to the back-swing position while maintaining said grip and keeping said lower end of said rod on the ground, wherein step (d) is carried out with right handed users rotating said upper body and moving said arms to the right and left handed users rotating said upper body and moving said arms to the left.

Claim 19 (currently amended): The method of claim 18 further comprising:

(e) moving the user's arms to the finish-swing position while keeping said lower end of said rod member on the ground, wherein step (e) is carried out with right handed users moving said arms to the left and left handed users moving said arms to the right.

Claim 20 (previously presented): The method of claim 19 wherein step (e) is carried out after step (d).

Claim 21 (previously presented): The method of claim 18 further comprising:

(e) while holding the back-swing position of step (d), drawing the lower end of said rod progressively towards the foot on the back-swing side of the user's body.

Claim 22 (currently amended): The method of claim 18 wherein step (b) comprises gripping said rod at a height above said user's head during step (d).

Claim 23 (original): The method of claim 22 wherein said rod member is gripped at a position at least one inch above said user's head.

Claim 24 (original): The method of claim 18 wherein:

step (c) includes said user standing up straight with feet approximately shoulder width apart and knees slightly flexed; and  
said arms are held straight out in front.

Claim 25 (previously presented): The method of claim 18 further comprising the following:

(e) while holding the back-swing position of step (e), dropping towards a sitting position.

Claim 26 (canceled)

Claim 27 (previously presented): The method of claim 18 wherein step (d)

comprises keeping said left arm straight during the back-swing motion as the arm moves toward the right side of the user where the user is right handed, or keeping said right arm straight during the back-swing motion as the arm moves towards the left side of the user where the user is left handed.

Claim 28 (currently amended): A method for stretching using an elongated rod having an upper end and a lower end, said method comprising the user doing the following:

(a) placing said lower end of said rod on the ground in front of the user;

(b) standing up straight with feet spread apart;

(c) gripping said rod with both hands at about chest height or higher, said hands being adjacent to one another such that right handed users grip said rod with their right hand above the left hand, and left handed users grip said rod with their left hand above the right hand; and

(d) moving the user's arms to a back-swing position while maintaining said grip and keeping said lower end of said rod member on the ground in front of said user, wherein right handed users move said arms to the right and left handed users move said arms to the left,

Claim 29 (currently amended): The method of claim 28 further comprising:

(e) moving the user's arms to the finish-swing position while keeping said lower end of said rod member on the ground, wherein right handed users move said arms to the left and left handed users move said arms to the right.

Claim 30 (previously presented): The method of claim 28 wherein step (d) comprises keeping said left arm straight during the back-swing motion as the arm moves toward the right side of the user where the user is right handed, or keeping

said right arm straight during the back-swing motion as the arm moves towards the left side of the user where the user is left handed.

Claim 31 to 34 (canceled):

Claim 35 (previously presented): The method of claim 18 wherein said rod comprises an extendable rod, which includes first and second rod sections that are displaceable relative to one another to change the length of said device, said first and second rod sections being lockable relative to one another to fix said rod at a desired length; and

a handle positioned at said upper end of said rod to be capable of being gripped by a user.

Claim 36 (previously presented): The method of claim 35 wherein said handle is tapered, at least over a portion of said handle, increasing in thickness in a direction away from said upper end toward said lower end.

Claims 37 - 42 (canceled)

Claim 43 (new): A method for stretching using an elongated rod having an upper end and a lower end, said method comprising the user doing the following:

- (a) standing up with said user's feet spaced from one another;
- (b) gripping said rod with both hands, said hands being adjacent to one another such that right handed users grip said rod with their right hand above the left hand, and left handed users grip said rod with their left hand above the right hand;
- (c) placing said lower end of said rod on the ground in front of the user;

(d) while gripping said rod, extending both arms outwardly in front of said user; and

(e) rotating an upper part of the user's body and moving the user's arms to the back-swing position while maintaining said grip, keeping said lower end of said rod on the ground, and maintaining a position of said feet relative to said lower end of said rod, wherein step (e) is carried out by right handed users rotating said upper body and moving said arms to the right and left handed users rotating said upper body and moving said arms to the left.

Claim 44 (new): The method of claim 43 further comprising:

(f) after step (e), rotating the said upper body and moving said arms to the finish-swing position while keeping said lower end of said rod member on the ground, wherein step (f) is carried out by right handed users rotating said upper body and moving said arms to the left and left handed users rotating said upper body and moving said arms to the right.

Claim 45 (new): The method of claim 43 wherein step (c) comprises positioning said lower end of said rod on the ground in an approximate area where a golf ball would be positioned relative to the user as if said user were going to hit said ball with a golf club.

Claim 46 (new): The method of claim 43 wherein step (b) comprises gripping said rod with said hands at a position to be at about chest height or higher when said lower end of said rod is placed on the ground.